

## National Unit Specification: General Information

|               |   |
|---------------|---|
| <b>UNIT</b>   | Exercise and Fitness - Step (Higher)  |
| <b>NUMBER</b> | D679 12   |
| <b>COURSE</b> | This is a free-standing unit that may be used as part of a Scottish Group Award or be associated with other programmes of study in schools, colleges of further education or other centres. |

### SUMMARY

On successful completion of this unit the candidate will be able to apply knowledge and skills of exercise and fitness training to develop a training programme.

This unit is designed for candidates with some previous experience of exercise and fitness who wish to undertake regular exercise and fitness training or who wish to pursue a career in the fitness industry.

### OUTCOMES

- 1 Describe movement patterns relating to major muscle groups.
- 2 Describe the basic physiological effects of exercise and fitness training on the body.
- 3 Contribute to the design of an exercise and fitness training programme.
- 4 Participate in a planned exercise and fitness training programme.

### RECOMMENDED ENTRY

While access to this unit is at the discretion of the centre, candidates would find it advantageous to have some competence in exercise and fitness training or to have attained:

- D67911 Exercise and Fitness - Step (Intermediate 2) (x0.5)
- other relevant qualifications or experience.

### CREDIT VALUE

1 credit at Higher.

---

## Administrative Information

|                          |                                   |
|--------------------------|-----------------------------------|
| <b>Superclass:</b>       | MD                                |
| <b>Publication date:</b> | December 1998                     |
| <b>Source:</b>           | Scottish Qualifications Authority |
| <b>Version:</b>          | 01                                |

© Scottish Qualifications Authority 1999

This publication may be reproduced in whole or in part for education purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this specification can be purchased from the Scottish Qualifications Authority. The cost is £2.50.

## **CORE SKILLS**

Information on the automatic certification of any core skills in this unit is published in *Automatic Certification of Core Skills in National Qualifications* (SQA, 1999).

## **National unit specification: statement of standards**

**UNIT**            Exercise and Fitness - Step (Higher)

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

### **OUTCOME 1**

Describe movement patterns relating to major muscle groups.

#### **Performance Criteria**

- a) Major muscle groups of the body are identified correctly.
- b) The difference between concentric and eccentric muscular contractions are described accurately.
- c) Basic movement patterns relating to major muscle groups are described accurately.

#### **Evidence Requirements**

Oral or written evidence of the candidate's ability to describe movement patterns relating to the major muscle groups.

### **OUTCOME 2**

Describe the basic physiological effects of exercise and fitness training on the body.

#### **Performance Criteria**

- a) Physiological effects on the cardio-respiratory system are described accurately.
- b) Physiological effects on the muscular system are described accurately.
- c) Physiological effects on the skeletal system are described accurately.

#### **Evidence Requirements**

Oral or written evidence of the ability to describe the physiological effects of exercise and fitness training on the body systems.

### **OUTCOME 3**

Contribute to the design of an exercise and fitness training programme.

#### **Performance Criteria**

- a) Individual exercise and fitness training objectives are identified accurately.
- b) Exercise selection is appropriate to meet exercise and fitness training objectives.
- c) Demonstrate the selected components of an exercise and fitness training programme.
- d) The selected components of the exercise and fitness training programme are evaluated accurately.

## **National unit specification: statement of standards (cont)**

**UNIT**            Exercise and Fitness - Step (Higher)

### **Evidence Requirements**

Oral or written explanation of the basis for selection of exercises and of their evaluation.

Performance evidence of demonstration of the selected components.

### **OUTCOME 4**

Participate in a planned exercise and fitness training programme.

### **Performance Criteria**

- a) Warm-up and cool-down in each session are safe and effective.
- b) Techniques used are appropriate to the exercise and fitness training context.
- c) Appropriate personal and facility equipment is used safely and effectively in each session.
- d) The exercise and fitness training objectives are reviewed accurately.

### **Evidence Requirements**

Performance evidence of participation in a planned exercise and fitness training programme to the required specification.

Oral or written evidence that the review of exercise and fitness training objectives is carried out accurately.

## **National unit specification: support notes**

### **UNIT**            Exercise and Fitness - Step (Higher)

This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

#### **GUIDANCE ON CONTENT AND CONTEXT**

This is essentially a practical unit and should be taught in a practical setting with ongoing tutorial support. Throughout the unit the candidate is required to operate safely. Safe procedures should include, where appropriate: safe breathing; spinal/back safety; awareness of others; awareness of personal limitations.

The unit also requires underpinning theoretical knowledge of human physiology. This should cover the major muscle groups: abdominal; back extensors; triceps; biceps; deltoids; hip flexors/extensors; quadriceps; hamstrings; gastrocnemius; pectorals; latissimus dorsi; trapezius. The focus should be on the locomotor and cardiovascular systems. It is important that this is balanced with the application of relevant knowledge in a practical setting. Opportunities should be given to establishing and achieving individual exercise and fitness training objectives in the context of the programme design.

Training procedures should include, where appropriate: warm-up; main content; cool-down. The candidate should also be encouraged to record his/her personal experience of exercise and fitness training as well as details of his/her contribution to the design of an exercise and fitness training programme. Emphasis should be given to the correct performance of each exercise and a balanced programme of exercises should be carried out during each practical session.

#### **GUIDANCE ON TEACHING AND LEARNING APPROACHES**

Underpinning knowledge may be developed by the use of handouts, diagrams, videos and practical demonstration. Most of the unit should, however, be delivered in a practical situation. The use of a log book by the candidate will be an effective method of recording performance.

#### **GUIDANCE ON APPROACHES TO ASSESSMENT**

Outcomes 1 and 2 may be assessed by restricted response questions. Outcomes 3 and 4 may be assessed by assignment and practical participation supported by tutor's observation checklists. It may be beneficial to deliver and assess outcomes 3 and 4 integratively. The candidate's log book, monitored and signed off by the tutor, could be used as evidence of achievement through participation.

#### **SPECIAL NEEDS**

This unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative outcomes for units. For information on these, please refer to the SQA document *Guidance on Special Assessment and Certification Arrangements* (SQA, 1998).